You Never Outgrow Vaccines: Adult Vaccination Tracker and Guide

Saving Lives: Integrating Vaccines for Adults Into Routine Care

Which Vaccines Do I Need?

Use this document to help you determine which vaccines you may need and then talk to your healthcare provider about vaccination. Keep this as a record of the vaccines you have received. Enter information in the highlighted areas.

Name: _____

ALL ADULTS NEED:	Date(s) Received							
Influenza, every year								
Tdap (or Td)[1]								

[1]Tdap protects against tetanus (lockjaw), diphtheria, and pertussis (whooping cough). This vaccine should replace one of the Td (tetanus and diphtheria) boosters that adults receive every 10 years.

Below are the most common reasons adults need additional vaccines. Place an X in all the boxes that apply.

HOW OLD ARE YOU? (Enter X for ALL that apply)			Record Vaccines Here		
I am…	√	You need	Date(s) Received		
60 or older (check this box and the next if you are older than 65)		Shingles (Herpes Zoster)			
65 or older		Pneumococcal (PCV and PPSV)[2,3]			
A female younger than 27		HPV[4]			
A male younger than 22		HPV			

[2] Pneumococcal conjugate vaccine and pneumococcal polysaccharide vaccine [3] Information about sequencing and intervals for PCV and PPSV is available at: cdc.gov/vaccines/vpd-vac/pneumo.[4] Human papillomavirus

WHAT HEALTH CONDITIONS DO YOU HAVE?			Record Vaccines Here		
I have…	√	You need	Date(s) Received		
Asthma		Pneumococcal (PPSV)			
Heart disease					
Lung disease (including COPD)					
Cochlear implants		Pneumococcal (PCV and PPSV)			
Immunosuppressive cancer					
Kidney disease					
Sickle cell disease					
Spinal fluid leaks					
Weakened immune system					
Diabetes		Hepatitis B[5]			
		Pneumococcal (PPSV)			
HIV/AIDS		Hepatitis B			
		Pneumococcal (PCV and PPSV)			
Blood clotting-factor disorders, such as hemophilia		Hepatitis A			
No spleen or a damaged spleen		Pneumococcal (PCV and PPSV)			
		Meningococcal A,C,W,Y, and Meningococcal B			
		Hib[6]			

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WHAT HEALTH CONDITIONS DO YOU HAVE?			Record Vaccines Here
I have…	√	You need	Date(s) Received
End-stage kidney disease, or I'm on dialysis		Hepatitis B	
		Pneumococcal (PCV and PPSV)	
Liver disease		Hepatitis A	
		Hepatitis B	
		Pneumococcal (PPSV)	

[5]Recommended for adults younger than age 60. Adults age 60 or older should speak to their healthcare provider. [6]*Haemophilus influenza type B*

DO ANY OF THE FOLLOWING APPLY TO YOU?			Record Vaccines Here
	√	You need	Date(s) Received
I am pregnant.		Tdap	
		Influenza	
I was born after 1980 and don't have proof of vaccination or previous chicken pox infection.		Chickenpox (Varicella)	
I was born after 1956 and don't have proof that I had measles or received a vaccine for it.		Measles/MMR	
I am attending college and haven't received a meningococcal vaccine in the last 5 years.		Meningococcal A,C,W,Y; ask about Meningococcal B	
I am sexually active and not in a long-term monogamous relationship.		Hepatitis B	
I am a smoker.		Pneumococcal (PPSV)	
I have alcoholism.		Pneumococcal (PPSV)	
I am a healthcare worker.[7]		Influenza	
		Tdap	
		Hepatitis B	
I am traveling to or residing in countries outside the United States.		Varies by region. Visit CDC.gov/travel	

[7]Other vaccines are recommended for certain healthcare personnel. Visit cdc.gov/vaccines for details.

Things You Should Know about Adult Vaccination

- Other vaccines may be recommended for adults with health conditions or travel plans outside of the United States. Speak with a healthcare professional for more information.
- Please speak with a healthcare professional about your specific vaccination needs if you: are a man who has sex with men, reside in a long-term care facility or nursing home, have close contact with an international adoptee, are a recent military recruit, or work in a laboratory setting. Additionally, there may be other reasons to receive vaccines including drug use, weakened immune system, or other factors.
- Vaccination can mean the difference between life and death.
- Some vaccines are given in only one dose while others require multiple doses or a booster. Your healthcare provider can tell you how many doses you need.
- Vaccines are one of the safest medical products available, but some people should not receive certain vaccines, including individuals who have had allergic reactions to a previous dose of a vaccine or its components. Pregnant women and those with HIV/AIDS or other disease/condition that affects the immune system should not receive live vaccines.

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